Lucid Dreaming Intensive®
Residential Retreat

2014 Website Program Description

Prerequisites: None

The Lucid Dreaming Intensive is a six-day immersive exploration of waking and dreaming awareness. As you remain lucid throughout consciousness state changes the potential for personal and spiritual growth using lucid dreaming is immeasurable.

This intensive program combines specially designed audio guidance exercises together with powerful mindfulness. The tools and techniques you use are based on the combination of ancient wisdom and cutting-edge brainwave research.

We dream several times every night but very few of us make constructive use of this natural mental portal—a world which offers a rich tapestry of experience, insight, creativity and opportunity for personal growth.

What if you could learn to wake up while in this beneficial state and unlock more of its latent potential?

In a lucid dream—
• You can encounter situations in which you can challenge your fears, gain new perspectives, and release self-limiting beliefs
• You can find artistic expression and insight
• You can find creative solutions to daily problems
• You can learn to heal yourself of emotional and physical issues, while developing greater love, compassion and kindness for yourself and others
• You can deepen your relationship with hidden aspects of yourself and learn to become an integrated whole
• You can also have a lot of fun as you safely perform the physically impossible, such as flying unaided through the air, breathing underwater, or soaring into deep space.

The only limitation is your imagination.

Goals of the Lucid Dreaming Intensive include—
• Learning the history and practice of lucid dreaming
• Becoming aware of, and interacting with, the dream state
• Developing greater self-awareness in the day and night times
• Physical, emotional, and mental relaxation and self-healing
• Removing and releasing fears and self-limiting beliefs
• Enhancing creativity and problem-solving ability
• Moving beyond the dream state—gaining a different overview of the greater reality and cultivating wisdom
• Understanding and experiencing consciousness as a continuum and thereby learning to navigate the wheel of consciousness
• Learning to live lucidly.

The Lucid Dreaming Intensive consists of progressive, audio guided exercises, and interactive group sessions. Developing mindfulness is a key element to successful lucid dreaming and so every moment is an opportunity for personal growth.

Wake up to dreaming, wake up to life!